

A guide for

AGING WELL *in Regina*

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# Transportation Options



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A guide for

# AGING WELL *in Regina*

is produced by Age-Friendly Regina  
[agefriendlysk.ca/af-regina-community-page](http://agefriendlysk.ca/af-regina-community-page)

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**Please note:** Information including programs and services, addresses, links, and email addresses may become out of date. The information provided is not exhaustive.





# Transportation Options

If you currently drive, are you looking for information and resources to ensure you continue to drive safely as your abilities change?

Are you interested in finding out more about transportation options that are available in Regina, how to access them, and what you can expect from each service?

Transportation plays a large role in almost everyone’s lives. The information provided can help you feel more comfortable knowing you are making the best choice for you.

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*You can click on anything underlined in this list to be taken directly to that section*

You will find these symbols throughout:

-  → Services that offer wheelchair accessible transportation
-  → Services that are able to accommodate people who walk unaided or with minimal support and those who use mobility aids such as walkers and canes

This guide is part of the Aging Well in Regina series that also includes sections on: **Housing Supports and Options, Mental Health and Wellbeing, and Crime Prevention & Safety.**

To access the guide online and for information about Age-Friendly Regina & Age-Friendly Saskatchewan visit: [agefriendlysk.ca](http://agefriendlysk.ca)

If you don't have access to a computer or need help finding the information, please visit your nearest Regina Public Library for support.



## Driving as we age

As we get older - usually beginning around the age of 50 - changes in vision, reflexes, hearing, and sometimes memory begin to affect our ability to drive safely. There are often noticeable changes that begin at 60 years of age.<sup>1</sup>

If you are honest with yourself, know and respect your limits, and take steps to address the impacts the changes are having, you are more likely to keep your driving skills than people who don't. The first step is adjusting your driving habits. Examples may include:

- not driving at night if your vision is noticeably worse in the dark
- driving only to familiar places and avoiding busy times
- driving less or not driving at all if your memory or confidence while driving declines

**The Mature Driver Guide** - Saskatchewan Government Insurance (SGI) has created this guide to help you assess how you drive and offer suggestions for how can make your driving safer. You can find the guide here:

[sgi.sk.ca/documents/37148/138037/older\\_wiser.pdf/154d5621-53c3-47f5-ad49-ebcf6cfd6f0e](http://sgi.sk.ca/documents/37148/138037/older_wiser.pdf/154d5621-53c3-47f5-ad49-ebcf6cfd6f0e).

**Mature Driver Refresher Course** - The Saskatchewan Safety Council offers a FREE, 6 hour course that is focused on increasing confidence when driving. It also ideas for how you can adapt your habits to increase your driving safety. There are no tests and your license will not be impacted in any way. To find out about the topics that are covered and to look on the calendar for upcoming courses, visit [sasksafety.org/mature-driver-refresher-course.html](http://sasksafety.org/mature-driver-refresher-course.html). You can also call for more information: ☎(306) 757-3197.

All drivers are required by law to report any significant changes to their health that may affect their ability to drive. Many health care professionals, such as doctors, nurse practitioners, occupational therapists and optometrists, must also report patients that have conditions that could make it unsafe for them to drive.

If you know someone who is driving and you are concerned about their ability to drive safely, call 1-844-TLK-2SGI (1-844-855-2744).

## Driving and Dementia

If you have dementia or are a family member or friend caring for someone who has dementia, [drivinganddementia.ca](http://drivinganddementia.ca) serves as a guide and information source specifically around driving. It offers a lot of information including:

- licensing and reporting,
- why it's sometimes necessary to stop driving,
- the emotions that surround a decision like that (for the individual with dementia as well as people around them), and
- options for getting around without driving that are specific to where you live.



## City of Regina Transit

**Public transit is the most affordable way to travel around Regina.**

The City of Regina has two options for public transit: **Conventional buses** and **Paratransit**

### Fares and Passes

The fares and passes are the same for conventional buses and Paratransit services. Current rates can be found at [regina.ca/transportation-roads-parking/transit/fares-passes/](http://regina.ca/transportation-roads-parking/transit/fares-passes/)

#### Fares

Operators will collect your fare when you board the bus. If you are paying the fare in cash, keep in mind that they do not take bills and cannot give change, so take exact fare in coins. You can buy tickets for individual rides, or packs of 10 or 20 rides – the cost per ride decreases if you buy a pass with multiple rides.

Tickets or passes can be purchased at:

- any transit agent. A list of transit agents can be found here: [regina.ca/transportation-roads-parking/transit/fares-passes/#outline-transit-agents](http://regina.ca/transportation-roads-parking/transit/fares-passes/#outline-transit-agents),
- at the Transit Information Centre – 2124 11<sup>th</sup> Avenue or
- if you are registered to use Paratransit, you can pay over the phone by calling Paratransit at ☎ **306-777-7007**.

#### Passes

Monthly (31 days), semi-annual (6 month), and annual (12 month) passes are available for purchase. Depending on how often you use the bus, this can offer huge savings. If you are over 65 years of age, individual rides and bulk tickets cost the same as adult prices. However, monthly, semi-annual and annual passes offer significantly lower prices for unlimited rides.

#### R-Card

The R-Card is a reloadable smart card that can be loaded with rides or a pass. Visit any transit agent to purchase an R-Card.

- Note:
- If you qualify for senior rates, you first senior card must be issued at the Transit Information Centre then you can reload at any agent
  - You should register your R-Card in case it is lost, stolen, or broken. Registration ensures that you will not lose the rides left on the card.



More information about R-Cards, how to register them, and what to do if you need your card replaced can found at the link that is given above right under “Fares and Passes”.



## Affordable Access Program

The City of Regina offers 20% off transit passes for those who meet the eligibility criteria and apply through the “Affordable Access Program”. Those eligible must purchase their pass from the Transit Information Centre (2124 11<sup>th</sup> Avenue). Find more information and the application form at: [regina.ca/parks-recreation-culture/classes-programs/affordable-access-program](http://regina.ca/parks-recreation-culture/classes-programs/affordable-access-program)

**Note:** If you require an attendant to travel with and assist you, they travel for free on conventional buses and Paratransit.

## Conventional Buses

The conventional buses are all low floor buses, meaning that when they stop at a curb, they can lower the floor, making it easier for the person to get on if they have difficulty walking, use a mobility device like a cane, walker, wheelchair or scooter (with some size limitations), or are pushing a cart or stroller.

Photo credit: City of Regina



There are accessible heated bus shelters on 11th Avenue. They are large enough to accommodate a person using a mobility device. A light in the shelter comes on automatically when it becomes dark outside and they also have heaters you can activate by pushing a button.

There are 66 buses that have a hands-free system to allow individuals who use a wheelchair or scooter to secure themselves on the bus without assistance.

The maximum size for a mobility device on a conventional bus is 34” wide by 51” long. You must be able to make a tight turn from the low floor ramp into the bus.

You can also use the **Night Stop** program, which allows you to get off the bus between regular stops on your route so you don’t have to walk as far to your destination. Just let your driver know that you would like to get off at a different location at least one stop *before* your regular stop and stay near the front of the bus until the driver is able to find a safe place to stop.



**Did you know?** Regina Transit's "Safe Bus" program provides a safe space for anyone who needs help. If you are lost, hurt or in trouble, flag down a Regina Transit bus by holding up your hand, palm facing out, in the direction of an approaching bus to signal you need help, or get on at any bus stop.

Trained transit personnel have direct access to 9-1-1 if needed and you DO NOT need to pay a fare to get help through the Safe Bus program.

## Route Planning

You can plan your route a number of ways:

**Online:** 1) You will find a list of all of the routes and their schedules at:

[regina.ca/transportation-roads-parking/transit/schedules-routes](http://regina.ca/transportation-roads-parking/transit/schedules-routes)

2) You can use the TransitLive Regina planner from an electronic device like a computer or cell phone for real-time schedule updates. This allows you to track your bus and find out when it will arrive: [transitlive.com/mobile](http://transitlive.com/mobile)

3) You can also go to [google.com/maps](http://google.com/maps):

- Enter the address of your destination or the business/organization name.
- Choose your starting point. "Your location" is the default which will give you directions from where you currently are to the destination you choose. If you are looking for future travel and will be starting from a different location, you can change the starting location.
- Select HOW you will be travelling, so in this case, choose the icon or image that looks like a bus.
- It will give you a recommended route as well as other options. When you choose a route by clicking on it, it will give you a detailed plan including where to get on the bus, any transfers you will need to make, and any walking that needs to be done.

**By phone:** A transit staff person is available to assist with schedules and route information at ☎ (306) 777-7433 from Monday-Friday, 8:00 a.m. – 5:00 p.m.

**Paper copies:** available at the Transit Information Centre – 2124 11<sup>th</sup> Avenue Monday to Friday between 8:30 a.m. – 4:30 p.m. **or** call and they can send you the route you request by mail between 8:30 a.m.-4:30 p.m.

### Quick tip

If you have a cell phone, are waiting at a bus stop, and are not sure when your bus will arrive: **text (306) 596-6136 and put the bus stop number in the message** (the number is at the top right of the bus stop sign). You will get a reply telling you when the next bus should arrive at your stop.



**If you cannot use the conventional buses and fixed routes some or all of the time, you may qualify for Paratransit.**

## Paratransit

Like conventional buses, Regina Paratransit is a shared ride service, meaning that there is likely to be more than just you in the vehicle. Paratransit is an option for people who are experiencing a disability and are not able to use the conventional, fixed route transit at least some of the time. The service is a scheduled door-to-door service.

Note: If you are booking Paratransit and want to go to more than one place, you must book separate trips and pay separate fares.

**To qualify** for Paratransit, someone must be:

Restricted in their ability to:

- Walk or wheel to a bus stop.
- Board fixed route transit independently.
- Identify landmarks, follow directions or navigate fixed route transit, and/or

Experience one or more of the following:

- Get easily confused or disoriented.
- Have a moderate or high risk falling.
- Tire easily.

There are different types of registrations, depending on your circumstances:

- Permanent
- Temporary
- Winter
- Conditional
- Visitor

You can find more information about Paratransit, including the link to the registration form at [regina.ca/transportation-roads-parking/transit/paratransit/](http://regina.ca/transportation-roads-parking/transit/paratransit/)

Once you submit your registration form, staff will review your eligibility and speak with the professionals you list in the application. You may be asked to attend an in-person interview. Most registrations are approved within two weeks. You can submit your registration forms:

In-person: Regina Paratransit Services - 333 Winnipeg Street Regina

Mail: Regina Paratransit Services  
PO Box 1790  
Regina, SK S4P 3C8

Fax: 306-949-7211

email: [Paratransit@regina.ca](mailto:Paratransit@regina.ca)

**Rates:** Rates for Paratransit are the same as the rates for conventional buses. Please see the beginning of this section for more information.



## Options for Transportation Only

### Wheelchair accessible cabs

#### Where to Transportation

(306) 522-4477 website: [where2transportation.ca](http://where2transportation.ca)  
email: [where2transportation@sasktel.net](mailto:where2transportation@sasktel.net)

Where 2 Transportation is available for individual rides 24/7. They have wheelchair accessible buses similar to Paratransit buses and can provide a wheelchair if requested. Where 2 Transportation offers door to door service and will assist people into their homes. You may bring a companion or attendant at no extra cost.

Note:

- A minimum of two hours notice is recommended when you are requesting a ride when possible.
- Due to other obligations the company has, it is recommended not to book appointments/rides between 7:30 a.m. and 9:30 a.m. or 2:30 p.m. to 4:00 p.m.

#### Wheels on Wheels

(306) 583-3379

Available 7:00 a.m. to 6:00 p.m. Can supply wheelchairs to assist with transportation and will assist people into their home.

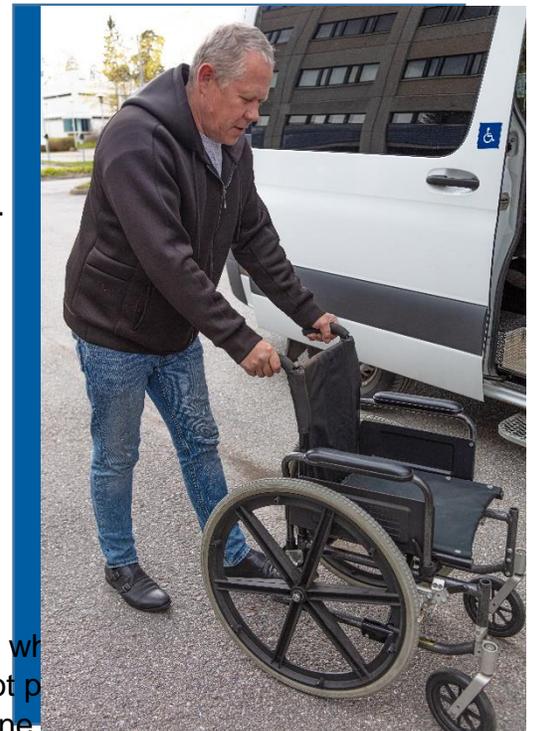
### Conventional taxi cabs

There are numerous taxi companies operating in the city. Some also offer wheelchair accessible vehicles, but not all:

#### Capital Cabs

(306) 791-2222 (ask for Debra)

Provides conventional transportation (cars and vans, but not wheelchair accessible). Request assistance if needed when you book. Drivers cannot provide a wheelchair if needed, the individual is responsible to have one.



#### Co-op Taxi

(306) 525-2727

Provides wheelchair accessible and conventional transportation (cars and vans). Drivers provide door to door service but please request it when you book. They have wheelchairs they can provide if needed, please let them know when booking that you require one.



## Regina Cabs

(306) 543-3093

Provides wheelchair accessible and conventional transportation (cars and vans). Must have own wheelchair if needed. If you would like staff to meet you at the door and help you into the building at your destination, please request assistance when booking. Available 24/7.

## Transportation with support

### Driven with Care

(306) 541-3748  
(306) 541-7433



website: [drivenwithcare.com](http://drivenwithcare.com)

email: [info@drivenwithcare.com](mailto:info@drivenwithcare.com)

The goal of Driven with Care is to help people remain independent and to be there for individuals when family members are not available. Driven with Care has SUVs as well as wheelchair accessible vans for those who need assistance.

Staff meet you at your door and will assist you to get where you need to go and can provide more support as needed.



It can “just” be the ride. Staff can accompany you to the office where your appointment is and can wait for you or with you if you wish. They can go into appointments and take notes to share with family members or others about the appointment. They can help you with your grocery shopping whether it’s curbside pick-up or walking through the store to pick items out yourself. They can help fill out paperwork if you are being discharged from the hospital.

Please check the website for hours of operation and a live chat option under ‘Contact Us’ or call for more information.

Every member of Driven with Care is required to have the following:

- First Aid
- A clean criminal record
- A clean driving record
- CPR, and AED certification
- Transferring, Lifting, Repositioning (TLR) Certification
- Liability insurance

### Regina Senior Shuttle

(306) 533-3388 website: [regina-senior-shuttle.business.site/](http://regina-senior-shuttle.business.site/)

Regina Senior Shuttle can be booked for rides to attend appointments, programs, social events, or shopping, with optional assistance when grocery shopping. Staff are also able to help you take your pet to the veterinary clinic. Door to door service. For rates, hours of operation, and availability, call or check out their website



## Regina Senior Citizens' Centre - Independence Club

 (306) 525-2154    website: [reginaseniorcitizenscentre.ca/what-we-do/home-help](https://reginaseniorcitizenscentre.ca/what-we-do/home-help)

The Independence Club has volunteer drivers who provide assisted transportation to appointments, shopping, and other activities for individuals who are 55 years of age and older. They require 72 hours notice to arrange for a driver. Since it does rely on volunteers, there may be times when no drivers will be available but you will know if that's the case within a day of the request.

There is a roundtrip charge that is slightly reduced if you are a member of the Regina Seniors Citizens Centre. Annual membership fees are \$35.00 (subject to change). Memberships are available to those 55+ years of age and offer some perks and discounted rates. Non-members are welcome to participate in all programs and activities but fees are a bit more.

Find more information and current rates at the website listed above; make sure to click on their brochure for detailed information. You can also call and ask for the Home Help Services Coordinator.

## Saskatchewan Patient Transfer Services

 (306) 789-7787    website: [spts.ca](https://spts.ca)    email: [info@spts.ca](mailto:info@spts.ca)     

Saskatchewan Patient Transfer Services (SPTS) offers reliable transportation for medically stable individuals who require professional assistance but do not require any medical interventions. The individual may have full physical mobility, use a wheelchair or other mobility aid, or require the use of a stretcher to be transported to their destination.

SPTS works quite closely with the Saskatchewan Health Authority, hospitals, health centres, care homes, and other health providers to offer bedside to bedside stretcher transfers.

**Community members can also book on their own trips** to safely get to scheduled medical appointments, move between facilities, go home after being discharged from the hospital, or to attend personal events like weddings, funerals, and other family functions or events that are important to them.

The service includes two staff for the duration of trip – one driver and one person who stays in the back with the individual. The cost for SPTS is roughly half the cost of using an ambulance.

Go to their website or call to find out more about your specific request. Booking can also be done online at [spts.ca/bookings](https://spts.ca/bookings).

### References:

1. [sgi.sk.ca/aging](https://sgi.sk.ca/aging)

# Where did A guide for **AGING WELL** *in Regina* come from?

**Age-Friendly** is a worldwide movement that was established by the World Health Organization (WHO) and is promoted by the Public Health Agency of Canada. It focuses on improving communities for everyone.

Age-Friendly Regina believes in listening to and addressing the concerns identified through the lens of older adults for the benefit of persons of all ages

Age-Friendly Regina is made up of community members, community organizations, the University of Regina's Centre on Aging and Health, City of Regina, and the Saskatchewan Health Authority and has been active since 2018. Through its work, the committee asks older adults in Regina to identify and address concerns. Based on what was heard so far, this guide was created.

"Aging Well in Regina" contains information geared to older adults (people aged 55+), but the contents are useful to many age groups. Its purpose is to provide information that makes it easier to understand and access different services and programs in our community.

You can find out more about Age-Friendly Regina and Age-Friendly Saskatchewan at [agefriendlysk.ca](http://agefriendlysk.ca). To find out how you can get involved, please email [agefriendlyregina@gmail.com](mailto:agefriendlyregina@gmail.com).

## The new survey can be found here:

[forms.office.com/r/1GeHpm1Dum](https://forms.office.com/r/1GeHpm1Dum)

Please take some time and fill it out. Even if you participated in the past, we encourage you to fill it out again. The information collected will continue to set the focus and guide the work of Age-Friendly Regina.

We are excited to see what's next!

Psst.... if you do it now, you won't forget!

